

Students' internet addiction: Study and prevention

Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia

Abstract

© Authors. The information society reveals the social impact of the dissemination of information technologies. The purpose of this article is to study the negative social, psychological, and pedagogical implications of the Internet on young people. The authors analyzed the internet addiction problem among students (14-19 years) from the standpoint of the social health of the individuals and society as a whole. In a pilot study, which involved more than 600 adolescent participants aged 14-19 years (secondary school, college and university students), the authors have defined internet addiction as a complex phenomenon. The prerequisites of its development identify and highlights its formation in stages among students (mild fascination, passion, addiction, attachment). At the ascertaining stage of the experiment, a screening study was carried out to examine the state of internet addiction in young students in social networks. The results showed the necessity to design and implement internet addiction prevention programs for young students, which include three main blocks (motivational and cognitive, practice-oriented, reflexive), and a systematic plan for its implementation in the educational space framework. The stages of the experiment provided evidence of the authors' proposed effectiveness of methodologies for young people aged 14-19 years. This article may be useful to pedagogues, psychologists, and parents of students, social workers, and researchers working in the field of addiction prevention among young people.

<http://dx.doi.org/10.29333/ejmste/83723>

Keywords

Information society, Information technology, Internet addiction, Social networking, Students addiction prevention, The Internet

References

- [1] Arakelyan, L. K. (2014). The problem of the addiction in young people to social networks. Bulletin of the Council of young scientists and specialists, 1, 5-6
- [2] Arestova, O. N., Babanin, L. N., & Voiskounsky, A. E. (2000). The motivation of Internet users. Moscow: Mozhaisk-Terra
- [3] Arshinova, V. V., & Bartsalkina, V. V. (2010). Prevention of gambling on the internet, addiction in the educational environment. Moscow: MGPPU
- [4] Asmolov, A. G., Tsvetkov, N. A., & Tsvetkova, A. V. (2004). Psychological model of Internet addiction personality. The World of Psychology, 1, 179-192
- [5] Babaeva, J. D., Voiskounsky, A. E., & Smyslova, O. V. (2002). The Internet: the impact on individuals. Moscow: Mozhaisk-Terra

- [6] Bubnova, I. S., & Tereshchenko, A. G. (2016). Prevention of addictive behavior among College students. *Bulletin of Omsk University. Series: Psychology*, 2, 4-11
- [7] Burova, V. A. (2000). Internet addiction pathology of the XXI century? *Scientific-practical journal. Issues of Mental Medicine and Ecology*, 1(6), 11-13
- [8] Caplan, S. E., & High, A. C. (2006). Beyond excessive use: The interaction between cognitive and behavioral symptoms of problematic Internet use. *Communication Research Reports*, 23(4), 265-271. <https://doi.org/10.1080/08824090600962516>
- [9] Chen, J. (2007). Flow in games (and everything else). *Communications of the ACM*, 50(4), 31-34. <https://doi.org/10.1145/1232743.1232769>
- [10] Davydov, V. V., Neverkovich, S. D., & Samoukina, N. V. (1994). On the functions of reflection in the games training of executives. *Russian Education & Society*, 36(3), 32-49. <https://doi.org/10.2753/RES1060-9393360332>
- [11] Egorov, A. Yu., Kuznetsova, N. A., & Petrova, E. A. (2005). Peculiarities of the personality in adolescents with Internet addiction. *Issues in Mental Health of Children and Adolescents*, 2(5), 20-27
- [12] Goldberg, I. (1996). Internet addictive disorder (IAD) diagnostic criteria. Retrieved from <http://web.urz.uniheidelberg.de/Netzdienste/anleitung/wwwtips/8/addict.html>
- [13] Greenfield, P. M. (2009). Technology and informal education: what is taught, what is learned. *Science*, 323(5910), 69-71. <https://doi.org/10.1126/science.1167190>
- [14] Griffiths, M. D. (2001). Sex on the Internet: Observations and implications for sex addiction. *Journal of Sex Research*, 38(4), 333-342. <https://doi.org/10.1080/00224490109552104>
- [15] Grohol, J. (2009). Internet addiction a new disease? Moscow: Akropol
- [16] Gubanov, D. A., & Chkhartishvili, A. G. (2009). A model for information warfare in the social network. *Management System and Information Technology*, 3, 13-16
- [17] Hinic, D. (2011). Problems with Internet addiction diagnosis and classification. *Psychiatria*, 2(23), 145-151
- [18] Kandell, J. J. (1998). Internet addiction on campus: The vulnerability of college students. *CyberPsychology and Behavior*, 1(1), 11-17. <https://doi.org/10.1089/cpb.1998.1.11>
- [19] Khil'ko, O. V. (2015). A practical approach to the prevention of computer addiction in adolescents. *Scientific-methodical electronic journal "Concept"*, 13, 56-60. Retrieved from <http://e-koncept.ru/2015/85012.htm>
- [20] Khutornoi, S. N. (2013). Network virtual communication and its impact on interpersonal relationships *Modern Research of Social Problems*, 6, 9-14
- [21] Korolenko, C. P., & Dmitrieva N. I. (2001). *Psychosocial addictology*. Novosibirsk: Olsib
- [22] Kosenko, I. I. (2008). The study of the Internet as a means of social communication. *Informatics and Education*, 9, 90-91
- [23] Kulakov, S. A. (2017). *Guide for the rehabilitation of addicts*. Moscow: Litagent, Ridere
- [24] Leary, T. (2004). *Interpersonal diagnosis of personality: A functional theory and methodology for personality evaluation*. NY: Resource Publications
- [25] Malygin, V. L. Khomeriki, N. S., & Smirnova, E. A. (2011). Internet-dependent behavior. *Journal of Neurology and Psychiatry after C. C. Korsakov*, 8, 86-92
- [26] Mendelevich, V. D. (2013). Features of deviant behavior in the Internet space. *Practical Medicine*, 1, 143-146
- [27] Minicheva, T. I., & Khrustova, E. S. (2017). Psycho-pedagogical prevention of Internet addiction in adolescents. *A Young Scientist*, 5, 509-511
- [28] Moreyhen-Martin, J. (2008). *Internet abuse: Emerging trends and lingering questions. Psychological aspects of cyberspace: theory, research, applications*. Cambridge: Cambridge University Press
- [29] Objorin, A. M. (2011). Prevention of computer and Internet addiction in the modern school. *Scientific Providing for the System of Advanced Training*, 1, 79-84
- [30] Pan, A. K. (2014). *Taming the digital monkey. How to get rid of Internet addiction*. Moscow: AST
- [31] Prokhorov, A. O. (2006). *Social networks and the Internet*. Computer Press, 10, 80-85
- [32] Voiskounsky, A. E. (2004). Actual problems depending on the Internet. *Psychological Journal*, 1, 90-100
- [33] Weinstein, A., Dorani, D., & Elhadif, R. (2015). Internet addiction is associated with social anxiety in young adults. *Annals of Clinical Psychiatry*, 1(27), 4-9
- [34] Young, K. (2000). *Diagnosis-Internet-addiction*. World Online, 2, 24-29